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A TWO-IN-ONE VEGETABLE

One really gets two vegetables out of the turnip. Turnip roots provide winter fare; the tops furnish delicious greens. Turnip greens are rich sources of vitamins A and B and C and they are also rich in minerals, especially iron. The roots are a good source of vitamin C, a fair source of vitamin B, and yellow turnips also furnish vitamin A.

Another advantage of the turnip is that it can be eaten raw. Some serve turnips in strips to be eaten with salt like celery, or grated, sliced, shredded, or diced, in salad. A good salad is made of crisp raw turnips and apples with a tart mayonnaise dressing. Chopped raw turnip and raw carrot combine well, with or without cooked peas. Another good combination is raw turnip and onion. Raw turnip is sometimes added to potato salad.

Some of the vitamin C is lost when turnips are cooked, so the shorter the cooking time the less loss. Fortunately, quick cooking is also the way to get the best flavor. Long cooking gives turnips that unpleasant strong taste and odor.

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